

COUPONS! A&P

On The Front Burner

(Continued from page 6B)

You can count on A&P to look for new ways to help you save! Thru Sat., Feb. 12—we're offering you savings you can actually add up before you even come into our stores!

Savings are Great with A&P's DOUBLE SAVING COUPONS!

MFG'S COUPON	MFG'S CENTS OFF	A&P ADDED CENTS OFF	TOTAL COUPON AT A&P
COUPON A	25*	25*	50*
COUPON B	18*	18*	36*
COUPON C	50*	50*	\$1.00
COUPON D	75*	25*	\$1.00

A&P Doubles the Savings on Mfgs. Cents-off Coupons!



A&P QUALITY HEAVY WESTERN GRAIN FED BEEF FULL CUT

Round Steak

Bone In

1.99

lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

Chuck Roast

Bone In

1.29

lb.

U.S.D.A. INSPECTED FRESH

Fryer Leg Qtrs.

whole case only

40 lb. case

37¢

lb.

10 lb. pkg. or more lb. 47¢
Less Than 10 lbs. lb. 57¢

- 1/2 cup cider vinegar
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 1/2 cup cold water
- 1/2 cup pickled ginger root, sliced

Make a frying batter of eggs, flour, water, and salt. Stir until smooth. Dip duck cubes into batter and fry, a few at a time, in deep fat heated to 350 degrees F. to 360 degrees F., until golden brown. Drain on paper towels; put into a warm dish. Make a hot sauce with boiling water, cider vinegar, and sugar, and stir until dissolved. Make a smooth mixture of the cornstarch and soy sauce with cold water, and stir into vinegar-sugar mixture. Cook, stirring over low heat until thickened. Add the ginger root, stir well, heat, and pour over fried duck or venison. Serves 6.

Growing older is a continuous process -- one that involves the total person. So feeling good about yourself isn't something that comes about in later years. It, too, is a continuing process that involves the total person.

Enjoying your age means staying in the mainstream of life through continuous learning. It means taking delight in work and through continuous learning. It means taking delight in work and play, and participating with others and showing concern for others.

Now showing concern for others takes many forms. If you have had a satisfying career, share your knowledge and perspective with others. If you've always contributed to the community, continue to do so. If you have a physical limitation, show concern for others by sharing your emotional and intellectual skills. And listening, really listening, is a very important way of showing concern for others.

Things you'll want to avoid include self-centeredness, isolation, loss of interest in others, and indifference to yourself and others.

Coping with problems as they arise, making decisions, asking for help and accepting assistance when it is needed most -- all these things will help make you feel good about yourself as you grow older.

A "funny" noise coming from a refrigerator isn't necessarily your cue to call someone in to service it.

Sometimes you can put an end to the unusual sounds -- without paying a professional.

First, make sure the strange noise is peculiar to your refrigerator model. It's normal to hear the sound of trickling water in the frostless types. And in models with built-in ice makers, you'll hear the sound of running water filling the molds, a humming noise as the ice is pushed out and then the sliding sound of ice filling a bucket.

But if your refrigerator's sound is abnormal, see if there's anything vibrating on top of the appliance. You may have to find a new place for the cookie jar or car keys if they're causing trouble.

Most refrigerators will sound a protest if they're not level. Just provide a little tender loving care, and your refrigerator should quiet down.

Refrigerators are also fussy about touching a wall. They'll make funny noises if placed too close to a wall. But you can avoid this by installing your refrigerator according to the recommendations in the service manual.

Give your refrigerator repair service and your pocketbook a break. Try to solve the problem of that strange noise yourself. Then call in professional help if needed.

A successful cooking school for men was conducted in 1982. Are you interested in learning to cook for fun or because you are your own cook? Call 875-2162 if interested. Ellen Willis, Home Economics Extension Agent will organize and conduct the classes for late winter and early spring.

Schedule
Tuesday, February 15, 1983, 7:30 p.m. - Area Meeting - Mildouson, Phillippi and North Raeford Extension Homemaker Clubs.
February 26-March 6, 1983 - Southern Living Show, Charlotte Merchandise Mart, Charlotte, N.C.

Hint
Match the size of the pan to the heating element. More heat will get to the pan; less will be lost to surrounding air.

Variety Shop Specials

- ARMOUR (BEEF 12 OZ. 1.29)
Meat Franks 12 oz. pkg. **1.19**
- A&P CHOPPED (ALL VARIETIES)
Chipped Meats 2 2 1/2 oz. pkgs. **99¢**
- RUDY FARMS HOT OR MILD
Pork Sausage lb. **1.89**

Variety Shop Specials

- COTTAGE BRAND
Smoked Sausage lb. **1.29**
- U.S.D.A. INSPECTED
Turkey Wings lb. **49¢**
- EXTRA LEAN SPECIAL TRIM COUNTRY FARM
1/4 Pork Loin Sliced lb. **1.79**

Meat Specials

- A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE-IN
Shoulder Roast lb. **1.69**
- A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS
Beef Stew lb. **1.99**
- A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Cubed Steak lb. **2.99**

SUPER SAVER COUPON

SAVE 20¢ ON
ELBOW MACARONI, THIN OR REGULAR
Mueller's Spaghetti
You Pay Only 15 oz. pkg. **59¢**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #670

SUPER SAVER COUPON

SAVE 20¢ ON
LONG GRAIN
Mahatma Rice
You Pay Only 5 lb. pkg. **2.09**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #671

SUPER SAVER COUPON

SAVE 10¢ ON
CHEF BOY ARDEE BEEF ARON OR
Spaghetti & Meat Balls
You Pay Only 15 oz. can **73¢**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #672

SUPER SAVER COUPON

SAVE 20¢ ON
KRAFT
Velveeta Cheese
You Pay Only 2 lb. pkg. **3.79**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #669

SUPER SAVER COUPON

SAVE 20¢ ON
25 OFF LABEL
Cheer Detergent
You Pay Only 49 oz. box **1.74**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #677

SUPER SAVER COUPON

SAVE 20¢
WHITE
Cottonelle Tissue
You Pay Only 8 roll pkg. **1.69**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #676

SUPER SAVER COUPON

SAVE 20¢ ON
Kleenex Huggies
You Pay Only 319

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #674

HEADLESS AND
Dressed Whiting
(LB. 69¢) 5 lb. box **2.99**

TALMADGE FARMS
Chicken Franks
or Bologna 12 oz. pkg. **69¢**

CHEF PANTRY
Chicken Fried Patties lb. **1.39**

Meat Specials
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF
Rib Eye Steak
Boneless lb. **3.99**

Meat Specials
A&P QUALITY FRESH
Ground Chuck
3 lbs. or more lb. **1.79**

Poultry Specials
U.S.D.A. INSPECTED FRESH
Box-O-Chicken lb. **49¢**

U.S. #1 JUMBO SIZE RUSSET
Baking Potatoes 3 lbs. only **1.00**

RED RIPE SALAD SIZE
Tomatoes 28 oz. family pack **1.39**

THE FARM
A&P
Fresh With Quality

FOR YOUR SWEETHEART FOR VALENTINE'S DAY

SUNMAID BRAND BREAKFAST
Prunes 24 oz. bag **1.29**

Spinach 10 oz. bag **99¢**

CALIFORNIA TENDER CRISP
Broccoli large bunch **88¢**

FRESH BLOOMING
Potted Mums 6 in. pot **5.99**

BEAUTIFUL
Potted Tulips 6 in. pot **5.99**

ASSORTED COLORS
Blooming Violets 4 in. pot **1.69**

SPRING YELLOW
Daffodils 4 in. pot **2.49**

PLUS HANGING BASKETS • AZALEAS • FRESH CUT FLOWERS

FOR YOUR SALADS
Cucumbers 6 for only **1.00**

NORTH CAROLINA LARGE RED
Rome Apples **39¢**

CALIFORNIA CRISP SOLID ICEBERG
Head Lettuce large heads **2.100**

FLORIDA GROWN SWEET & JUICY
Temple Oranges jumbo 80 size **10.100**

EDENBOROUGH CENTER